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NEWS WORTH SHARING.



MIRREN DOES FILM LOVERS A FLAVOUR

OSCAR-WINNER CHEWS SCENERY IN THE HUNDRED FOOT JOURNEY, BUT MOST DELICIOUS PART FOR HER WAS WORKING WITH INDIAN LEGEND OM PURI PAGE 12

Take a journey back to 1914

WWI anniversary draws families, tourists and contemplative children to the Halifax Citadel PAGE 2

Group, mill at odds over smelly emissions

Businesses argue tourists are being driven away PAGE 5

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FUN FOR ALL

A member of the Philae Shriners high fives the crowd on Novalea Drive in Halifax during the annual Natal Day parade on Monday. JEFF HARPER/METRO

Parking? There could be an app for that

Transparency. Councillor wants a permanent data catalogue of free information after a successful trial period

A permanent Open Data Catalogue could soon be available for HRM residents to find out all kinds of useful information — including how to find that elusive downtown parking spot.

Coun. Jennifer Watts will table a motion at Tuesday's regional council meeting to create an administrative order governing a permanent free Open Data Catalogue of municipal information, following the success of last year's pilot project when 17 data sets on everything from crime to garbage collection and bus stops were released.

"It's the issue of transparency … but also it sparks economic spinoff because groups can use that data to develop apps," Watts said Monday. "It's fantastic."

The Open Data Project ran from January 2013 to 2014 and included the Apps4Halifax contest, during which 276 ideas were submitted, leading to 38 apps for public use. Watts said she likes one that alerts users as to whether it's recycling or garbage collection week.

The data catalogue was downloaded 155,887 times over the year. Watts said since the HRM data is gathered through public funds, it should be available for everyone if there's "no reason" to withhold it.

The administrative order would set the criteria a data set should meet to go public — no personal information, in a searchable format — and determine how citizens can request new data.

If the catalogue is approved, staff said new data sets on tax area rates, contour data, spot heights, parking meters and pre-amalgamation boundaries will be released.

"It's about connecting people and saying, 'If you come, you will find a parking space and this is where it will be,'" Watts said about downtown Halifax, adding the data could also cut down on people driving to look for open spaces.

The pilot also showed while the data was free, many people were confused about how and why they should use it. Watts hoped the experience could be made "smoother" down the road. HALEY RYAN/METRO



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A SENSE OF PLACE

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NEWS

Military history

Local teen wins Vimy scholarship, trip to Europe



The Canadian National Vimy Memorial in Vimy, France
PETER MACDIARMID/GETTY IMAGES FILE

A Dartmouth teenager will soon leave for a tour of World War I sites in Europe after winning a national scholarship competition.

As one of this year's 14 recipients of the Beaverbrook Vimy Prize, Allyssa Walsh will participate in seminars, visit the Vimy War Memorial in France and learn about Canada's effort in the First World War.

"When I found out that I was one of the winners, I was basically crying at work," said the Prince Andrew High School student.

Walsh has always been interested in military history, but said volunteering with veterans over the past year has taken that interest to a new level.

"Putting a human face to what you read about in books makes all the difference," she said.

She and the other winners will also see progress on the Vimy Education Centre, a 22,000-square-foot facility scheduled to open April 9, 2017 — the 100th anniversary of the beginning of the Battle of Vimy Ridge. There will also be visits to sites in England and Belgium.

"The anticipation for the trip is unbearable," Walsh said. "It's hard to narrow down what I'm most excited to see."

BRAEDON CLARK/FOR METRO

Centennial draws contemplative kids to Halifax Citadel

First World War. Children muse about the glorification of war versus harsh realities



HALEY RYAN
haley.ryan@metronews.ca

A man in uniform walked up and down the rainy courtyard of the Halifax Citadel, waving a newspaper and yelling "War in Europe!" as groups of tourists stopped for pictures in front of a Ford Model T.

Visitors to the Citadel on Monday were taken back 100 years to 1914, when Canada entered the First World War. Soldiers and nurses in period dress walked the fort, while children signed up at a mock enlisting station.

"If that happened today, I think I would probably move," said 11-year-old Andy Hutto about the draft.

Hutto said Monday was important because the anniversary reminds people "wars are never really good."

Hutto's brother, 13-year-old Tark Roberts, said he never knew most soldiers going to Europe believed they would make it home for Christmas.

"I feel a little sorry for them because … I don't like to think something and then have something else happen," he said. "It's Christmas and I'm like, 'Crap, I'm not home, I'm still here and people are dying.'"

Hutto nodded and said people don't remember the First World War very happily.

"They're trying to put a happy image on it, which really isn't working out," he said.

Kendra Bergman brought her friend's daughter, Brianna Marriott, to learn about the war. The nine-year-old said she was excited to see the old cars and uniforms on display.

"I wanted to learn about all ... the history," Mariott said.

Bergman said it was "really great" to see the demonstrations.

"It's a good thing to come here and learn about our ancestors, what they did to have a free country ... which is what Canada's kind of all about," she said.

Viewpoints

"Wars are just like mindless violence."
Andy Hutto, 11



Brianna Marriott, 9, sits in a Ford Model T with re-enactors on Citadel Hill on Monday, commemorating the 100th anniversary of the start of the First World War. She said she was excited to learn about the history of the war and to see the old cars and uniforms on display. JEFF HARPER/METRO

AUGMENTED REALITY

→ Scan this photo with your Metro News app to see more images of re-enactors recreating the atmosphere of the First World War on Citadel Hill.

→ See the full instructions on Metro's Voices page.

$400K per year. City staff suggest YMCA continue handling snow for seniors

A report coming to regional council on Tuesday recommends HRM sign a multi-year agreement with the Halifax YMCA for the Seniors' Snow Removal Assistance Program.

In January 2013, Spencer House Seniors Centre said it could not carry out the program, and the YMCA took over last November.

Despite a late start and a "very severe winter," the report said the YMCA did a good job serving 431 clients. Improvements could include inking an agreement for the $400,000 annual program by late August to have time to prepare, the YMCA said. HALEY RYAN/METRO

Wait list growing

Council may invest in Access-A-Buses

Regional council will consider awarding a tender for 25 new accessible buses over the next three years on Tuesday.

City staff is recommending awarding the $2.46-million contract, which will see six buses delivered in 2014-15 to Overland Custom Coach.

METRO

Mayor asks. Should we let permanent residents vote in municipal race?

The mayor of Halifax is raising the possibility of allowing permanent Canadian residents to vote in municipal elections. Mike Savage will table a report at Tuesday's regional council meeting asking for a staff report on the benefits and implications of the idea. METRO



Mayor Mike Savage METRO FILE

Hurricane Bertha could brush by parts of Atlantic Canada

Winds of 130 km/h.
Forecasters say Bertha is expected to move south of Nova Scotia

The Canadian Hurricane Centre in Halifax says newly formed Hurricane Bertha could brush parts of Atlantic Canada late Wednesday.

The storm, which was tracking northward, was located east of Florida on Monday with sustained winds of 130 kilometres an hour.

Forecasters say the storm is expected to move south of Nova Scotia with its northern tip expected to spread cloud over the province.

Winds are expected to remain offshore, although there is a small chance they could affect southeastern Newfoundland on either Wednesday or Thursday. Ocean swells are also expected along the Atlantic coast of Nova Scotia and in Newfoundland.



Environment Canada's map shows Bertha's predicted track over the next week. The second named storm of the season is currently expected to bring only some rain to Nova Scotia. ENVIRONMENT CANADA

Forecasters say there is still a large degree of uncertainty with the storm because it could merge with a trough of low pressure.

THE CANADIAN PRESS

Apple farmers affected

Nova Scotia still reeling after Arthur

Weeks after leaving Nova Scotia, post-tropical storm Arthur continues to impact Valley apple farmers.

Arthur's high winds and rain helped spread a highly contagious plant bacteria called fire blight more quickly and farther than in the past.

Nova Scotia Fruit Growers Association president Rob Peill of Starr's Point said local growers are just starting to realize the storm's impact. The only remediation is to cut out infected branches before it gets to the trunk and let them dry out so it can't be transferred. KINGS COUNTY NEWS

Jubilee Road

Police investigate burning vehicle

Halifax Regional Police are investigating a burning car they came across on Sunday.

Officers found the car around 1 a.m. while looking for troublemakers who were throwing pylons at passing cars.

The burning car was parked in a driveway close to a house and officers told residents to evacuate. Anyone with information is asked to contact police. METRO

Serious injuries

Cole Harbour crash injures two people

RCMP say two people were taken to hospital with serious injuries Monday evening after a pickup truck collided with a car, before it flipped and hit another car and motorcycle in Cole Harbour.

The accident happened around 5 p.m at Main Street and the Forest Hills Parkway.

The truck driver, a 49-year-old woman, and the a 49-year-old man driving the motorcycle were both hospitalized. METRO

Driver took off

Biker hospitalized after crash with car

A motorcyclist was hospitalized with non-life-threatening injuries Saturday night after he crashed his bike to avoid a collision with a car.

Police say the car pulled onto North West Arm Drive from Cowie Hill Road around 7:15 p.m., and after the biker crashed to avoid it, the driver took off without stopping. Police want to speak with the driver of the vehicle. METRO

Three cases

Police investigate shots fired at cars

The RCMP is looking into three cases of shots being fired at cars early Monday in Timberlea. Police responded to the calls between 5:30 and 6 a.m.

Nobody was injured, but police believe all three incidents were committed by the same person. METRO

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Ontario scuba diver's body found in Aspy Bay

RCMP in Cape Breton are investigating the death of 41-year-old scuba diver John Craig Lowe of Mississauga, Ont.

Lowe, 41, went missing Saturday night while scuba diving alone in Aspy Bay near Dingwall.

He was reported missing to RCMP at 10 p.m., two hours overdue. His body was found around 11:40 p.m., about 40 feet from his boat in water 12 to 15 feet deep.

Quoted

"Craig was a generous and talented man who was always willing to lend a hand. My heart goes out to his wife and his daughters, he will be missed."

Mike Holmes

The boat was 900 feet from shore.

Const. Eric Latwaitis of the Baddeck RCMP said Lowe had done two or three dives during the day with friends and decided to do his last one alone.

"The water conditions and the weather wasn't overly choppy or anything of concern," said Latwaitis.

Lowe, who went by Craig, was a professional painter who regularly appeared on the Holmes on Homes television show.

"Craig was a generous and talented man who was always willing to lend a hand. My heart goes out to his wife and his daughters, he will be missed," the show's host, Mike Holmes said on Twitter.

Latwaitis said Lowe's death isn't considered suspicious. The diver's equipment will be examined for mechanical malfunction, and the Nova Scotia Medical Examiner Service will complete an autopsy to determine a cause of death.

CAPE BRETON POST



John Craig Lowe of Mississauga, Ont., shown in a YouTube video screen capture. CAPE BRETON POST

Court

Accused to stand trial in Loretta Saunders' death

Two people accused of killing Saint Mary's University student Loretta Saunders earlier this year have been committed to stand trial for first-degree murder.

Provincial court Judge Anne Derrick said Friday there is enough evidence to proceed with the charges against Blake Leggette, 26, and his 28-year-old girlfriend, Victoria Henneberry.

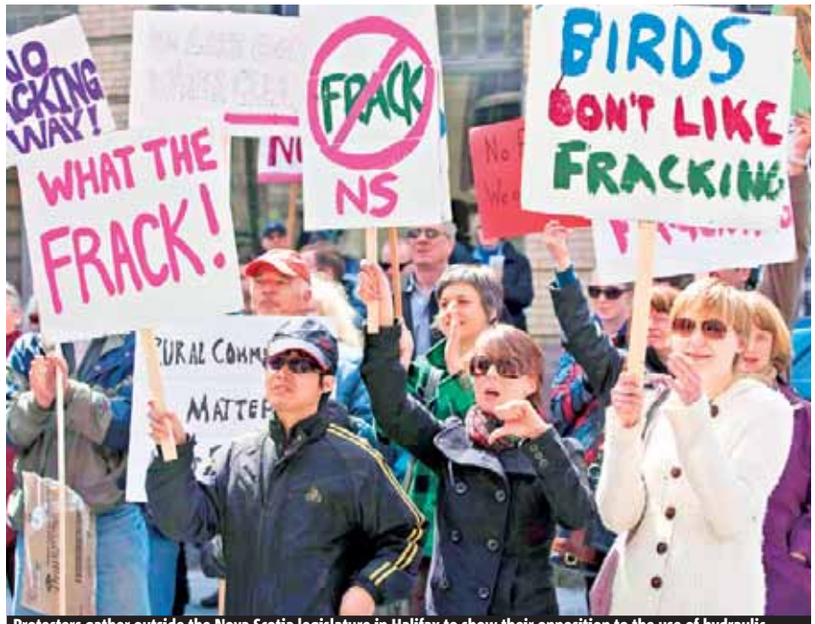
Loretta Saunders, 26, was reported missing from her Halifax apartment in February. Her body was found near the Trans-Canada Highway in New Brunswick about two weeks later.

Crown attorney Christine Driscoll said outside court she was pleased the judge accepted the argument that both Leggette and Henneberry should face a trial on the original charges.

A pre-trial hearing has been scheduled in Nova Scotia Supreme Court on Aug. 28.

THE CANADIAN PRESS





Protesters gather outside the Nova Scotia legislature in Halifax to show their opposition to the use of hydraulic fracturing, or fracking, on April 22, 2011. The man who pioneered hydraulic fracturing in Nova Scotia says he doesn't expect the province to lift a two-year moratorium on the contentious practice, mainly because the government is afraid of upsetting a vocal but misinformed minority. ANDREW VAUGHAN/THE CANADIAN PRESS

Fracking pioneer doubtful province will lift its ban

Findings. Expert panel to release report on natural gas extraction technique that will inform government decision on lifting 2012 moratorium

Economic benefits

- An independent group of leading Canadian scientists released a report on fracking in April that concluded that fracking could produce big economic benefits — but there is "significant uncertainty" on the risks to the environment and human health.

The man who pioneered hydraulic fracturing in Nova Scotia says he doesn't expect the province to lift a two-year moratorium on the contentious practice, mainly because the government is afraid of upsetting a vocal but misinformed minority.

Peter Hill, chairman of Denver-based Triangle Petroleum, says the industry could spur Nova Scotia's stalled economy and reduce its reliance on polluting, coal-fired plants, but he believes fear-mongering by outspoken critics has spooked the province's politicians.

"There's a level of emotion that is out there that is very difficult to dampen down and politicians will respond to that," he said in an interview from Houston.

Triangle Petroleum drilled several test wells in central Nova Scotia in 2007 and 2008, but only three involved hydraulic fracturing, a process that forces pressurized water and chemicals into layers of rock to release trapped oil and natural gas.

The wells failed to produce any commercial quantities of gas, and the company is still trying to get rid of two holding ponds containing 30 million litres of fracking wastewater.

Later this month, an expert panel in Nova Scotia is expected to release a final report on fracking, and the provincial government has promised to render a quick decision on whether to lift the moratorium that started in 2012.

The head of the panel, Cape Breton University president David Wheeler, has already said the province should not proceed with fracking until a broader public discussion is held and more studies are completed.

Hill says he's been impressed by the 10 discussion papers produced by the panel, but he adds that it appears Wheeler has been cowed by hundreds of angry citizens who showed up at a series of public meetings last month.

"I get very disappointed when I hear it's got to be a longer period (of discussion) when under everyone's feet sits a lot of gas that may be able to be pulled out of the ground in a sustainable, commercial and environmentally safe fashion," Hill says.

THE CANADIAN PRESS

Pictou businesses challenge pulp mill over smelly output

Showdown. Stench drives tourists away, says group; temporary shutdown out of the question for mill with aging equipment

A battle between jobs and the environment is playing out in a scenic seaside town in Nova Scotia where increased emissions from a nearby pulp mill have many businesses fuming.

Anne Emmett, co-owner of the Braeside Inn and spokeswoman for the group Clean Pictou Air, wants the provincial government to do something about the particulate spewed from the Northern Pulp mill, located just across the harbour from Pictou.

Emmett said while there have always been intermittent issues with the smell, this summer has been "significantly worse."

She said the problem has reached a "boiling point" for many in the tourism sector in particular, with businesses saying they are losing customers.

"No question they are walking out every night," she said. "We really can't expect people to stay in this environment."

Emmett's 26-member group, which includes the owners of hotels, gift shops and a real estate company, wants the mill shut down until the emissions problem is fixed.

Northern Pulp spokesman David MacKenzie admits his company is at an impasse with the Pictou group because closing the plant, which employs more than 250 people, isn't an option.

"If we were to shut down, we would lose our employees. Our raw material suppliers would be gone and our customers would be gone," he said.

MacKenzie said work is ongoing to find an interim solution for the mill's aging electrostatic precipitator, which isn't filtering emissions to environmental standards. He said the company hopes to improve the situation during a maintenance shutdown scheduled for September.

But he said the long-term solution likely won't be in place until May 2015, when a new precipitator unit is to be installed.

Nova Scotia Environment Minister Randy Delorey said he was willing to wait to see what progress can be made during the September maintenance shutdown.

The Pictou County area has been hit hard by recent layoffs. About 300 jobs at the Convergys call centre in nearby New Glasgow will be eliminated this fall when that facility closes, and another 500 jobs will be lost at a Michelin Tire plant over the next two years.

THE CANADIAN PRESS

Under pressure

"If we were to shut down, we would lose our employees. Our raw material suppliers would be gone and our customers would be gone."

Northern Pulp spokesman David MacKenzie

Jobs

250

Northern Pulp mill is at an impasse because it employs 250 people and can't replace an aging substandard filter until May 2015. Pictou County is already facing hundreds of layoffs starting this fall.



Pictou-area businesses want the provincial Department of Environment to force the Northern Pulp Mill, seen in this file photo, to close until the cause of unusually foul-smelling emissions can be identified. NEW GLASGOW NEWS FILE

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The Links at Brunello, Halifax's newest golf course is an 18 hole championship course designed by award winning architect, Tom McBroom. With 10 holes fully seeded, and the remaining 8 are on schedule for completion by the end of August, 2014. The course is on target to be ready to play June 2015!



We welcome the two newest members of the Links at Brunello Team, Miles Mortensen, General Manager (left) and Chris Wallace, Course Superintendent (right).

Miles Mortensen, General Manager, The Links at Brunello
Miles Mortensen brings to Brunello over 20 years of golf management including two Tom McBroom courses Tobiano in Kamloops, BC and Southwood Golf and Country Club in Winnipeg. He also has worked at the Fairmont in Banff and Whistler. Miles has studied in various areas of Golf management and has a Diploma in Golf Club Management and Operations from Selkirk College and has completed both Finance for Management and Private Club Governance from the Golf Club Management Institute of Canada.

Chris Wallace, Superintendent, The Links at Brunello
Chris Wallace joins us as the Links at Brunello Superintendent. Chris joins us from Big Sky Golf and Country Club, Pemberton, BC where he held the position of General Manager and Superintendent. Prior to this Chris was actively involved in several other high profile courses which include Red Tail, Devil/s Pullpit, Lion Head and the Toronto Golf Club.
Chris holds a degree in Psychology from UPEI as well as a Degree in Turfgrass Management from the University of Massachusets. Chris is very involved with the National Golf Course owners Association, the BC Golf Marketing Alliance and is involved with the Golf Management program at Holland College.

www.brunelloestates.com

The Links at Brunello and Brunello Estates lifestyle and golf community are located off Exit 3 on Highway 103, just 15 minutes from downtown.



This photo shows rescue workers on Monday at the epicentre of an earthquake that struck the town of Longtoushan in Ludian county, located in China's Yunnan province. THE ASSOCIATED PRESS

Quake leaves trail of devastation in Chinese county

Yunnan province.
At least 398 have died, over 1,800 are injured in impoverished Ludian county

Rescuers found scores of survivors on Monday as they dug through homes shattered by an earthquake of magnitude 6.1 in southern China that killed at least 398 people and injured more than 1,800. Rainstorms were expected to continue to hinder rescue efforts over the coming days.

About 12,000 homes collapsed when the quake struck Sunday afternoon in impoverished Ludian county, around 370 kilometres northeast of Yunnan province's capital, Kunming, the official Xinhua News Agency reported.

Rescuers digging in the debris by hand freed a five-year-old boy whose legs were injured, Xinhua reported. It also said firefighters rescued 32 people who had been trapped but had retrieved the bodies of 43 residents. Medics were reporting severe shortages of medicine and an inability to perform operations on the severely injured, while rescuers said their work had been hampered by continuous downpours and quake-triggered landslides, according to Xinhua.

Overhead footage of the quake zone shot by state broadcaster CCTV showed older houses flattened but newer multi-storey buildings still standing.

The quake struck at 4:30 p.m. on Sunday at a depth of 10 kilometres, according to the U.S. Geological Survey. China's earthquake monitoring agency put the magnitude at 6.5.

The central government has allocated 600 million yuan ($97 million) for rescue and relief work after the quake, the Finance Ministry said.

The national meteorological centre said the area near the centre of the quake would suffer thundershowers over the next three days.

THE ASSOCIATED PRESS

U.S. aid workers infected with Ebola virus see improvement

Two American aid workers infected with Ebola are getting an experimental drug so novel it has never been tested for safety in humans and was only identified as a potential treatment earlier this year, thanks to a long-standing research program run jointly by the U.S. government and the military.

The workers, Nancy Writebol and Dr. Kent Brantly, are improving, although it's impossible to know whether the treatment is the reason or if they are recovering on their own. Brantly is being treated at a special isolation unit at Atlanta's Emory University Hospital, and Writebol was expected to be flown there Tuesday.

Both were infected while working in Liberia, one of four West African nations dealing with the world's largest Ebola outbreak. On Monday, the World Health Organization said the death toll had increased from 729 to 887 deaths in Guinea, Sierra Leone, Liberia and Nigeria, and that more than 1,600 people have been infected.



Nancy Writebol's son, Jeremy, holds a photograph of his mother and father on Sunday. Nancy is one of two U.S. aid workers infected with the Ebola virus. ORLIN WAGNER/THE ASSOCIATED PRESS

The experimental treatment the U.S. aid workers are getting is called ZMapp and is made by Mapp Biopharmaceutical Inc. of San Diego. In a statement, the company said it was working with LeafBio of San Diego, Defyrus Inc. of Toronto, the U.S. government and the Public Health Agency of Canada on development of the drug, which was identified as a possible treatment in January.

In a worrisome development, the Nigerian Health Minister said a doctor who treated Patrick Sawyer, the Liberian-American who died July 25, days after arriving in Nigeria, has been confirmed to have the disease. Tests are pending for three other people who also treated Sawyer and are showing symptoms. THE ASSOCIATED PRESS

Transmission of Ebola

The disease is not airborne, and only transmitted through contact with bodily fluids such as saliva, blood, vomit, sweat or feces.

- Doctors and other health workers on the front lines of the Ebola crisis have been among the most vulnerable to infection as they are in direct physical contact with patients.

Grand Canyon

Authorities investigate video

Authorities are looking into a viral Internet video that shows a man kicking a squirrel off what appears to be the edge of the Grand Canyon.

Park spokeswoman Kirby-Lynn Shedlowski said Monday that chances of finding the man are slim.

She couldn't say whether the video was a hoax. The video shows a shirtless man wearing a cowboy hat leaving a trail of food, putting on one of his shoes and then kicking the squirrel into the air. THE ASSOCIATED PRESS

Smoky Lake County

Hunter recovering after bear attack

A hunter is recovering in hospital after being mauled by a bear he shot outside of Edmonton.

The 60-year-old man had been hunting for black bears on private property in the Smoky Lake County area, roughly 130 kilometres northeast of Edmonton. According to Alberta Fish and Wildlife officers, the man had permission from the land's owner to hunt on the property, when he spotted and shot a 250-pound male black bear.

LEAH GERMAIN/METRO IN EDMONTON

Cat stuck in bird feeder

Man thwarting efforts to save cat

Searchers who have been trying to rescue a cat with a bird feeder stuck on its head in Brandon, Man., say their efforts to trap the hapless animal are being sabotaged. The Brandon and Area Lost Animals group set traps baited with cat food, tuna and sardines, but they say a man in the neighbourhood has shined lights, clapped his hands and used other techniques to scare Butterscotch away. They say their traps have been found and purposely damaged. THE CANADIAN PRESS

Residents say east Ukraine city heading toward 'catastrophe'

Residents say the eastern Ukrainian city of Luhansk is dying. The power grid was completely down Monday, the city government said, and fuel is running dry.

Store shelves are emptying fast, and those who haven't managed to flee must drink untreated tap water. With little medicine left, doctors are sending patients home.

As Ukrainian government forces slowly tighten their ring around the city — one of two major pro-Russian rebel strongholds — travelling in and out has become a perilous undertaking.

In an impassioned statement released over the weekend, mayor Sergei Kravchenko described a situation that is becoming more unsustainable by the day.

"As a result of the blockade and ceaseless rocket attacks, the city is on the verge of a humanitarian catastrophe," Kravchenko said.

Luhansk, a city of more than 400,000 people at peacetime, now has seen its population dwindle as citizens flee violence and deprivation. Located about an hour's drive from Russia, which Ukraine insists is supplying rebels with weapons and manpower, Luhansk is being fiercely fought over by all sides of the conflict.

Shelling is a daily occurrence and the targets apparently quite random. On Saturday, eight buildings were damaged by rockets.

Rebels accuse the army of waging a vicious bombing campaign against the civilian population. Authorities deny they have used artillery against residential neighbourhoods and in turn accuse rebels of shelling civilians as a way of discrediting the army.

This claim is faithfully repeated by almost all Ukrainian media, although it has been questioned by Human Rights Watch and others.

THE ASSOCIATED PRESS

No supplies

"Every day, wounded people come in and we can't help them. We lack even basic medicines."

Fyodor Solyanik, a doctor in the Luhansk regional hospital



A woman walks past a damaged school on Saturday, July 26, in the city of Lisichansk, Luhansk region in eastern Ukraine. DMITRY LOVETSKY/THE ASSOCIATED PRESS

Reconciliation at the heart of European leaders' gathering

Peace. Old enemies come together to remember the 14 million who lost their lives in the First World War

Former enemies united Monday to commemorate the 100th anniversary of the start of the First World War, with Belgium, France, Britain and Germany standing together in the spirit of reconciliation.

Belgian King Philippe and Queen Mathilde welcomed German President Joachim Gauck under cloudy skies for the late-morning ceremony at the Cointe allied memorial amid pomp and military honour. During the ceremonies, the former enemies sat united, listening and applauding each other's speeches.

Germany invaded neutral Belgium on Aug. 4, 1914, as part of a planned attack on France. By nightfall, Britain had joined the war.

The war wasn't expected to last long. But instead of weeks, the continent was plunged into conflict for over four years, leading to millions of lost lives.

The conflict lasted over four years, ending on Nov. 11, 1914.

THE ASSOCIATED PRESS

AUGMENTED REALITY

→ Scan the image with your Metro News App to view a gallery of the many 2014 celebrations commemorating the 100th anniversary of the beginning of the First World War from around the world.

→ See the full instructions on Metro's Voices page.



The National War Memorial in Ottawa. SEAN KILPATRICK/THE CANADIAN PRESS

Stephen Harper

Courage personified

Prime Minister Stephen Harper marked the 100th anniversary of the start of the First World War.

The successes of Canadian soldiers on battlefields including Ypres, Vimy and Passchendaele spurred a sense of national pride and belief Canada could stand on its own.

"What it means to live mired in muck and disease, to fight through mud deep enough to drown a man, to lose thousands of lives in a single day, to gain what could be measured in yards ... these things elude us still. We can only imagine their fear, their courage," Harper said.

THE CANADIAN PRESS

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Israel, Hamas accept ceasefire

72-hour truce.
Agreement on Egyptian proposal could signal end to month-long war



Sabreen el-Tartour, of the Palestinian Center for Human Rights, walks through a devastated area in Gaza City on Saturday. From the first day of Israel-Hamas fighting on July 8, human rights groups operating in Gaza have been collecting detailed information about the aftermath of a reported 4,600 or more Israeli strikes to lay the groundwork for future legal proceedings. DUSAN VRANIC/THE ASSOCIATED PRESS

Israel and Hamas on Monday accepted an Egyptian ceasefire proposal meant to halt a bruising month-long war that has claimed nearly 2,000 lives, signalling an end to the bloodiest round of fighting between the bitter enemies could finally be approaching.

After weeks of behind-the-scenes diplomacy, Israel and Hamas both announced late Monday that they had accepted the proposal for a preliminary 72-hour truce, beginning at 8 a.m. local time Tuesday. Egypt was then set to host indirect talks to work out a long-term truce over the next three days.

"At 8 a.m. local time tomorrow a ceasefire starts and Israel will cease all military operations against terrorist targets in the Gaza Strip," said Israeli government spokesman Mark Regev. "Israel will honour the ceasefire and will be watching to see if Hamas does, too."

A delegation of Palestinian officials from various factions, including Hamas, has been negotiating with Egypt in recent days. Hamas spokesman Fawzi Barhoum said the group had accepted the plan.

"It's clear now that the interest of all parties is to have a ceasefire," said Bassam Salhi, a member of the Palestinian delegation. "It's going to be tough negotiations because Israel has demands, too."

The war broke out on July 8 when Israel launched an air campaign in response to heavy rocket fire out of Hamas-controlled Gaza. Israel expanded the operation by sending in ground forces on July 17 in what it described as a mission to destroy a network of tunnels used by Hamas militants to stage attacks.

Several previous ceasefires have collapsed, including a similar plan for a 72-hour truce that broke down last Friday in heavy fighting. Both sides blamed each other. THE ASSOCIATED PRESS

War crimes

Will allegations stick this time?

In a replay of the last major Gaza conflict, human rights defenders are again accusing Israel and Hamas of violating the rules of war, pointing to what they say appear to be indiscriminate or deliberate attacks on civilians.

In 2009, such war crimes allegations levelled by UN investigators — and denied by both sides at the time — never came close to reaching the International Criminal Court.

Some Palestinians hope the outcome will be different this time, in part because President Mahmoud Abbas, as head of a UN-recognized state of Palestine, has since earned the right to turn directly to the court. THE ASSOCIATED PRESS

Death toll rises in Azerbaijan-Armenia conflict

Azerbaijan and Armenia on Monday both reported more losses in a sharp escalation of fighting over the South Caucasus region Nagorno-Karabakh, with 18 soldiers now confirmed dead.

The Azerbaijani region and some adjacent territory have been under the control of Armenian soldiers and ethnic Armenian local troops since the end of a six-year separatist war in 1994. Both sides report frequent shootings and attempted incursions along the ceasefire line, but the latest outbreak of fighting has been the worst in many years.

Russia, the United States, the European Union and the UN secretary-general have all expressed concern and urged both sides to respect the ceasefire.

Azerbaijan's Defence Ministry said Monday that 13 soldiers were killed in the fighting that spiked over the weekend, while Nagorno-Karabakh's armed forces said five of its soldiers were killed.

It was not immediately clear what set off the latest violence between the former Soviet republics, with each side accusing the other of being the aggressor.

Armenia's prime minister said the presidents of the two countries were expected to meet at the end of the week in Sochi, Russia, although this has not been confirmed by Azerbaijan. Russia's foreign minister said the presidents of Armenia and Azerbaijan would have separate meetings in Sochi with Russian President Vladimir Putin. THE ASSOCIATED PRESS



A convoy of Azerbaijan's army tanks. ABBAS ATILAY/THE ASSOCIATED PRESS

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Libya's parliament opens in east as militias fight on

Opponents of Islamists dominated the key inaugural session of Libya's new parliament on Monday, underscoring the decisive defeat suffered in recent elections by factions of political Islam who previously led a majority.

In the weeks leading up to the session, Islamic militias — armed wings of Islamic factions and cities' allied to them like Misrata — launched a violent offensive, battling with rivals in the capital Tripoli and overwhelming much of the country's second largest city, Benghazi. Opponents accuse Islamists of pushing the country closer to a civil war to make up for their election losses. Islamists say they are battling remnants of the old regime of longtime dictator Moammar Gadhafi.

"They lost their minds after the popular rejection was huge in polls," said independent lawmaker Faraj Najim, in charge of a logistical committee in the new parliament. "But the bottom line is: this is not about ideology. It's a fight over the cake, over power."

Since Gadhafi's downfall and killing in a 2011 uprising, the nature of the struggle in Libya took on several layers, where cities, ideologies and tribes are all intertwined.

Though the winners of the June election were known, the extent of the Islamists' setback had been unclear until now, since lawmakers ran as independents and their party affiliations were not known. Monday's opening session showed just how much they had lost. THE ASSOCIATED PRESS

Evacuees

A British warship that transported 110 citizens from Libya arrived in Malta on Monday, bringing the total number of evacuees by ship to the island in the last two days to 361. The Britons aboard the HMS Enterprise included 30 children and four pregnant women.

Date-rape drug detector coming to a bar near you?

pd.id. Creators say prototype can identify chemical signatures for drugs commonly used in sex assaults

Dip before you sip. That may be one answer to fighting sex crime while out at the bar, according to the makers of a new pocket-sized date-rape drug detector.

Called pd.id, or Personal Drink ID, the prototype device is roughly the size and shape of a USB drive. But instead of storing your documents, it houses drug-detection hardware and a database of chemical signatures for common date-rape drugs.

The device can be dipped into a beverage and, within seconds, return a verdict on the presence or absence of date-rape drugs, warning the user via its LED display.

The prototype is the brainchild of David Wilson, a Toronto-area native who came up with the idea while developing cancer-scanning technology for use in hospitals.

Wilson said pd.id, in combination with a smartphone, will be able to tell users exactly what their drink has been spiked with and can even call the user's phone with a recorded message, giving a potential victim an opportunity to get out of the situation. **TORSTAR NEWS SERVICE**

Raising cash

By Monday afternoon, an Indiegogo funding drive to get pd.id out into the market, which ends Aug. 29, had raised nearly $18,000 of a planned $100,000 target.



The battery-powered pd.id device purports to work by running three kinds of simultaneous tests on the beverage, studying ultraviolet light, temperature and electrical current responses. TODD COYNE/FOR TORSTAR NEWS SERVICE

Bangladesh. 44 survive after ferry capsizes, but hundreds may be dead



People gather on the banks of the River Padma after a passenger ferry capsized in Munshiganj district, Bangladesh, Monday. A.M. AHAD/THE ASSOCIATED PRESS

A passenger ferry carrying hundreds of people capsized Monday in central Bangladesh, killing at least two people and probably many more as horrified villagers watched from the shore, authorities said.

It was unclear exactly how many people were on board the M.V. Pinak because ferry operators in Bangladesh rarely maintain passenger lists. Local media said there were about 250 passengers, but the figure could not be immediately confirmed.

Azizul Haque, who was among at least 44 people who survived by swimming to shore, said he jumped overboard when it became clear the ferry was going down.

"The ferry went out of control due to wind and current, tilting from one side to the other," Haque, 30, said. "Then the captain jumped out because he probably understood it was sinking. The river was rough, and there were many passengers on board."

The ferry capsized in the Padma River in Munshiganj district, about 44 kilometres south of the capital, Dhaka.

More than four hours after the ferry capsized, authorities said they were still waiting for a larger vessel needed to launch a proper rescue operation. Local police officer Khalid Hossain said two bodies had been recovered so far. **THE ASSOCIATED PRESS**

Mali

Experts leave site of Air Algerie crash

An official says international experts have wrapped up their investigation into the Air Algerie crash in northern Mali.

A communications adviser for the French Embassy in Bamako said Monday that teams have left the remote site after a week-long investigation. France says all 118 registered people onboard died when the plane crashed on July 24, but Burkina Faso puts the figure at 116, saying two passengers did not board.

Nearly half of the dead were French. The passenger list also included other Europeans, Canadians and Africans. The six crew members were Spanish. Experts are analyzing the black boxes of the MD-83. **THE ASSOCIATED PRESS**

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Free shipping game-changer for retailers

'This means war.' Walmart fired a shot across the bow when it offered free delivery across Canada for online purchases

When Walmart Canada introduced free shipping on all online purchases last year, it was a clear message to its rivals that it was gearing up for a fight.

Craig Patterson, an analyst who runs the online news magazine Retail Insider, said the move by one of the world's largest retailers was bold, setting a new standard in going the extra mile for consumer dollars.

"It's a declaration of war, no question," he said from Vancouver.

For the last few years, retailers in Canada have been waging a battle to set themselves apart, as entrants such as U.S. giants Target and Nordstrom arrive to compete for the same customers.

While a behemoth retailer like Walmart may be able to absorb the costs of shipping, it would be a challenging task for smaller retailers to be able to offer the same without raising prices, he said.

Retailers have long struggled with free shipping in Canada, given the size of the country and the cost of shipping quickly to remote areas. The compromise, it seems, is to offer free shipping on minimum purchases, which can offset some of those costs.

In a bid to win young customers online retailer Amazon has also recently started offering unlimited free shipping — but only for six months to students in Canada.

THE CANADIAN PRESS



Tilling new ground in agritourism

Bloomery Plantation Distillery employee Allison Manderino, 28, hands out samples of SweetShine in its tasting room in Charles Town, W. Va., this summer. With its sweet fruit-flavoured liqueurs, a working farm and eccentric cast of characters — including a dancing lemon — Bloomery Plantation Distillery has attracted tourists from every U.S. state and countries as far away as Laos and Iceland. The West Virginia mini-distillery is part of a growing agriculture tourism trend that advocates say can help revive struggling rural economies. Ag tourism refers to working farm enterprises geared to visitors, encompassing farm stands, pumpkin patches, barn dances, zip-line rides, pick-your-own berries, corn mazes and even weddings. CLIFF OWEN/THE ASSOCIATED PRESS

Unpaid wages, damages

LinkedIn to pay $6M in overtime

Professional networking service LinkedIn has agreed to pay nearly $6 million US in unpaid wages and damages to 359 current and former employees.

The U.S. Department of Labor said Monday that an investigation found LinkedIn in violation of federal overtime and record-keeping rules.

THE ASSOCIATED PRESS

Market Minute

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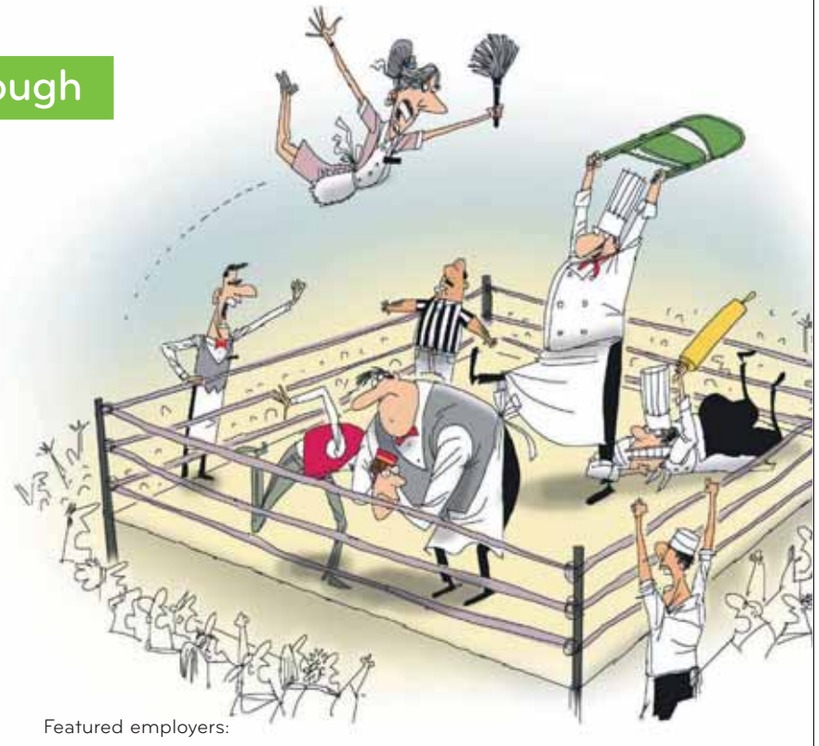
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"Number one job site" based on six-month average online job postings for period ending June 30, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.

FOR EVERYONE *EXCEPT* CARRIE BRADSHAW



SHE SAYS

Jessica Napier
metronews.ca

As much as I like to imagine myself as the Carrie Bradshaw of the North, it's actually impossible for a writer to earn a living on a once-a-week newspaper column. And so, unlike my fictional Manolo Blahnik-wearing counterpart, I actually have a "real" job.

In fact, today is my first day at a new job. After four years at my previous company I had finally learned how to use the photocopier on my own, so of course it was time for me to leave.

It's a thrilling thought, starting over in an entirely new role at a new workplace. It's a time for optimism and new beginnings. Today feels a bit like New Year's Eve and the first day of school all rolled into one. It's both incredibly exciting and horribly nerve-racking.

I'm worried about the job itself, of course, and whether or not I'll be able to meet the professional expectations of my employer. But there are also a thousand other tiny things to fret over when you disrupt your daily routine and start out somewhere unfamiliar. Where will I go for lunch? What should I wear? Will I annoy my new cubicle mates with my loud, crunchy, mid-morning snacks?

In his bestselling book The First 90 Days, Harvard University professor and leadership expert Michael D. Watkins notes, "The first three months in a new position are fraught with peril — and loaded with opportunity."

As with any adjustment period, starting a new job can be disorienting and overwhelming at first. Most of us feel compelled to prove ourselves the moment we step through the door. It's only natural to want to take action right away in order to impress our supervisors and co-workers.

But Watkins explains that new hires shouldn't be so concerned with doing things and should instead focus on listening. He recommends taking an anthropological approach and trying to learn as much as possible about the politics and culture of the organization.

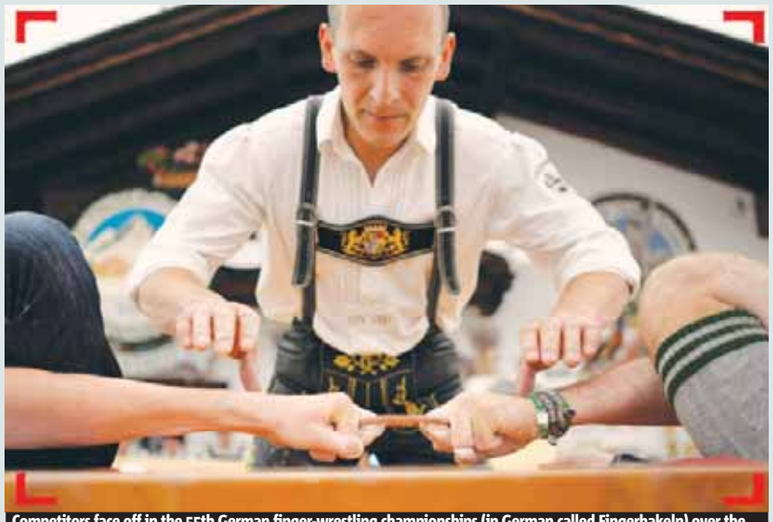
Every office comes with its own unique set of guidelines; some are mundane and unspoken, while others are more formal and codified.

As a newbie, it's your goal to familiarize yourself quickly with the rules — both the subtle and the explicit — that govern the day-to-day activities of your environment. Otherwise, finishing a pot of coffee without making a new one or hitting "Reply All" on your response to an intra-office memo could make you a workplace pariah right off the bat.

Your first days in a new job are for establishing relationships, asking a few too many questions, and learning how to navigate an unfamiliar office.

Yes, you'll probably feel a bit foolish asking a fellow grown adult where the bathroom is or what time you should eat lunch, but it's all part of the learning curve.

FINGERHAKELN



Competitors face off in the 55th German finger-wrestling championships (in German called Fingerhakeln) over the weekend in Garmisch-Partenkirchen, Germany. For more finger-pulling photos, scan this photo with your Metro News app. ALL PHOTOS PHILIPP GUELLAND/GETTY IMAGES

No, we're not pulling your finger, but these German wrestlers are pulling each other's

Hundreds of lederhosen-clad men competed in the 55th German Finger Wrestling Championships in Garmisch-Partenkirchen, southern Germany, this weekend.

In the traditional Alpine sport, two competitors matched in age and weight sit across from one another at a table and pull a small leather band with one finger until one player has pulled the other across the table.

The sport is taken very seriously in Bavaria and Austria. Wrestlers build up their finger muscles by lifting weights with one finger and doing one-fingered pull-ups.

Injuries are not uncommon at the event; competitors have been known to dislocate or break their fingers.

Finger wrestling (or Fingerhakeln in German) is thought to have originated in the 17th century as a way of settling disputes in Alpine countries.

IBTIMES.CO.UK

It's not funny

Anyone who thinks Fingerhakeln is some kind of amusing time-waster Bavarians engage in after a few too many beers at the village inn is very mistaken. Practitioners take it very seriously.

- Some wrestlers crush tennis balls with their hands; others will do pull-ups with only their middle fingers; and some have even been known to make their digits lift weights of up to 50 kilograms.

SPIEGEL.DE

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MetroTube

Canada cannot live on yule logs alone



ANDREW FIFIELD
andrew.fifield@metronews.ca

The Slow TV movement — whether it's six- day ferry rides through Norwegian fjords or a marathon knitting session — is one of the European trends we find ourselves gazing lovingly at from across the ocean ... especially since our yearly yule log obsession suggests a deep Canadian appetite for languid, determinedly ordinary programming. The French are not content with such simple things, though. In March, a French channel aired Tokyo Reverse, nine hours of a man walking backward through Japan's character-choked capital. Clearly, it's past time we demanded some action from our creators on the Slow TV front. (France 4/YouTube)



SCREENGRAB

metro

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Helen Mirren plays the owner of a Michelin-starred restaurant who's unimpressed by her new Indian restaurant neighbour. CONTRIBUTED

Love thy neighbour, advises Helen Mirren

The Hundred Foot Journey. Oscar winning actress talks about her latest role in a tale of two chefs

JOEL AMOS
Metro in Hollywood

If it isn't clear by now why Helen Mirren loves to work in films, then it should be.

One might think winning the Oscar would be justification, but it seems it is a little simpler than that.

"Why do you think we become actors? We get our best lines written for us," Mirren explains.

"We look intelligent. We look witty and we don't really have to do anything but say the words."

Mirren is at it again in The Hundred Foot Journey, in which she plays the owner of a Michelin-starred restaurant who is less than thrilled when an Indian restaurant opens across the street to her legendary southern France bistro.

The real joy for Mirren, she insists, is finally getting to work with legendary Indian actor Om Puri, playing the Indian family's patriarch.

As famous as she is, he matches her in fame and talent in his own country, in Pakistan and in her native England.

"Om and I just naturally fell into a rhythm together. That was very easy for both of us. Because we knew of each other's work, we had enormous respect for each other," Mirren says.

His off-screen persona, it seems, was not too far off from the one he portrayed onscreen.

"He would cook Indian food for everyone and make a family feeling on the set. He created this little family who come to France. He was brilliant."

Speaking of France, Mirren apparently achieves a rather unusual lifelong goal with her role in Hundred Foot Journey — or at least one difficult to achieve, even for her.

"I'm dying to be a French actress," she says with a laugh.

"I really wanted to play Madame Mallory because she's French! It was my pathetic attempt at being a French actress."

If there was any message she wants audiences to take away from the film, it's one that dates back thousands of years.

"Love thy neighbour," she says without flinching. "That's the hardest — much more difficult than do not covet thy neighbour's wife! That's easy. Love thy neighbour is difficult and it's the most important."

When choosing a project at this point in her career, there are several things that need to be factored in. But first and foremost for Mirren is who is helming the ship.

"The primary thing is the director," she said.

She sure got a talented one here with Lasse Hallstrom. There was something he brought to set for his actors that Mirren says is integral, even if it seems small: "It's pathetic that we need to be encouraged, but we do," she admits.

"And he did that immensely."

AUGMENTED REALITY

→ The death of good taste or a fusion of cultures? Scan this photo with your Metro News app for a video of Steven Spielberg and Oprah Winfrey sampling The Hundred Foot Journey.

metro AR → See the full instructions on Metro's Voices page.

DVD review



Twin Peaks

Creators. Mark Frost, David Lynch

Stars. Kyle MacLachlan

Nothing's ever been simple or straightforward about Twin Peaks, the 1990s cult hit TV series (and later flop movie). After dazzling viewers in its debut year, the show's second (and final) season succumbed to a surfeit of characters and a shortage of logic. Things got worse with Twin Peaks: Fire Walk With Me, the 1992 film. The best is what the Blu-Ray set does for Fire Walk With Me. It adds nearly 90 minutes of deleted/alternate scenes that considerably improve the film, including adding some backstory for David Bowie's crazed FBI character.

PETER HOWELL

Ebooks



80 Days

By. Jules Verne & inkle Studios

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MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

By mapping the pages of Jules Verne's classic novel to an interactive globe you get to choose where valet Passepartout and his master travel, how they spend their money, and what strange encounters they have. It's a different book with every read and the globe-travelling bet is yours to win or lose. It's a fun, clever combination of game and novel.

Arkells tackle power and privilege

High Noon. Alt rockers' third album gets personal and political



From left, Arkells band members Nick Dika (bass), Anthony Carone (keyboard), Max Kerman (lead vocals/guitar), Mike DeAngelis (vocals/guitar) and Tim Oxford (drums). BROOKS REYNOLDS

Arkells frontman Max Kerman and guitarist Mike DeAngelis were giddy with excitement after getting their hands on their new album on vinyl between press interviews at Toronto's Liss Gallery.

Kerman thrust it in DeAngelis's arms to hold up like a proud papa so he could capture the moment for Instagram — with hundred of fans immediately hitting "like," proving they're not the only ones excited for the release of High Noon.

The Hamilton, Ont.-based group's third studio album is out Tuesday and the band described it on their blog as their most confrontational record to date.

"One of the jobs of an artist or creative person is to ask tough questions," said Kerman. "I always really appreciate it when pop musicians dive into political matters in thoughtful ways."

Listening to the Clash while writing for High Noon inspired Kerman to insert his personal politics into his writing.

"Making songs that are saying something has always been one of the highest priorities of the band," said Kerman.

He goes on to say there is a particular focus on exploring the relationship between the privilege afforded by money and power and the responsibility that should come with it.

"Fake Money is talking to someone who has been reckless with the power they have," said Kerman of the track that opens the album, a theme also explored on the record's closing track, Systematic.

But ultimately what binds this album to the band's body of work is music that is upbeat and positive, said Kerman.

How songs start

"Ninety-five per cent of them are terrible but five per cent of them are OK, and that's how songs start."

Lead singer Max Kerman said of the song ideas he is constantly logging in his phone.

Never Thought That This Would Happen is an example. It tells the story of making out with an old friend at the Hillside Festival, held annually in Guelph, Ont. The song also chronicles the awkward aftermath of such a scenario.

"Things got weird after the weekend," said Kerman, recalling the lines of the song as DeAngelis laughs.

This song came from just one of the ideas Kerman is constantly logging in his phone.

"Ninety-five per cent of them are terrible but five per cent of them are OK, and that's how songs start," said Kerman. THE CANADIAN PRESS



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Anna Paquin ALL PHOTOS GETTY IMAGES

Paquin proves to be model of patience during King's personal probing

Sometimes you have to tell Larry King something multiple times for it to sink in. Take, for example, True Blood star Anna Paquin's sexuality. During a recent interview, King peppered Paquin with some rather direct questions, starting with, "Are you a non-practising bisexual?" To which the ever-patient Paquin responded, "Well, I am married to my husband (Stephen Moyer), and we are happily, monogamously married." King wouldn't let it rest there, though, and followed up with: "But you were bisexual?" OK, Larry. Here goes: "I don't think it's a past-tense thing," Paquin patiently explained.

"Are you still straight if you are with somebody? If you were to break up with them or if they were to die, it doesn't prevent your sexuality from existing. It doesn't work like that." All in good fun, right? Until King finally ended that section of the discussion with a creepy aside that he'd "stop with wishful thinking."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



50 Shades of Orange: Lohan looking for a pal to help pen tell-all book



NED EHRBAR
Metro in Hollywood

There might be hope for the publishing industry yet, as Lindsay Lohan "held meetings at major publishing houses in London recently" to discuss a salacious tell-all book, according to the Sun. "The stories she promised the literary agents made their jaws drop. She's prepared to put everything out there, and has already proved she's not shy with the list of men she claims to have slept with," a source teases. But here's the thing: How can she be prepared to put everything out there when she's already, you know, put everything out there?

Lohan is not exactly an enigma wrapped in a mystery wrapped in a Passages Malibu sweatshirt. The real surprise of this book — should it ever actually materialize — will be what new information about her life she could possibly divulge. But hey, more power to you, Lindsay. Oh, and she's apparently got some pretty lofty goals as far as ghost writers go: "It may seem unlikely, but she thinks she's in with a shot at getting (50 Shades of Grey author) E.L. James to work on it," the source says. "Another pie in the sky idea was that she might persuade J.K. Rowling to work with her." Now that I'd pay good money to see.



Jay-Z and Beyoncé

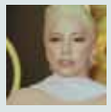
Will Jay-Z and Beyoncé's On the Run tour reach an untimely finish line?

More rumours of marital trouble for Jay-Z and Beyoncé are swirling, this time with sources suggesting the couple's union might not last as long as their current concert tour. "I'm definitely not sure that they'll make it to Paris," a source tells Page Six, referring to their On the Run tour's planned finally in September. "They're not just staying in different hotel rooms, but they have booked separate hotels and they arrive separately to each show." The couple reportedly held an emergency meeting last week with concert promoter Live Nation and at least four lawyers to figure out how to keep the tour on track despite their imploding marriage.

Twitter



@rickygervais
After every animal welfare tweet I always get someone saying " but what about Gaza?", like I gave them the choice to help only one cause.



@ladygaga
They won't let Asia into Asia. Some quarantine rules. I don't know what I'm going to do without my baby girl in Tokyo. I had so many plans!



@billmaher
Wow, now the New York Times is even taking ads for marijuana! Go Grey Lady! I didn't even know Tiffanys made a roachclip.

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Break up like Beckham: Son of football's most famous says bye to girlfriend for Moretz

It was bound to happen sooner or later (it's sooner, as it turns out), but here's a gossip item about the romantic life of Brooklyn Beckham, the 15-year-old son of David and Victoria Beckham.

Beckham the Younger has reportedly called things off with his first girlfriend in order to spend more time with 17-year-old Carrie star Chloe Grace Moretz.

"He broke up with her just a few weeks ago, right before she was set to take him to prom," a source tells E! News. E! News, as it turns out, apparently has sources at all the best private schools.

"Photos surfaced of Brooklyn hanging out with Chloe in Los Angeles, and then all of a sudden he told his girlfriend that he couldn't make it to prom after all."

Up next, E! has an exclusive story on the totally mean thing Sydney said about you in biology class.

Can you believe it?



Brooklyn Beckham, left, with father David and brothers Cruz and Romeo before the 2014 FIFA World Cup final.

Replace fatty beach bites

Nutritional therapist Gabriela Peacock recommends the best foods to pack in your cooler. And no, ice cream, soda and chips are not on her list.

ROMINA MCGUINNESS
Metro World News in London



POPCORN (AIR POPPED, 1 CUP)
Total calories: 31
Total fat: 0 g



WATERMELON (BALLS, 1 CUP)
Total calories: 46
Total fat: 0 g



JALAPEÑO STUFFED GREEN OLIVES (5)
Total calories: 30
Total fat: 4 g



HUMMUS WITH PITA BREAD (1 CONTAINER)
Total calories: 225
Total fat: 13 g



ORANGE (1 LARGE, 340 g)
Total calories: 90
Total fat: 0 g



CHICKEN MAYO SANDWICH
Total calories: 329
Total fat: 11 g



COCONUT WATER (VITA COCO, 250ml)
Total calories: 45
Total fat: 0 g



ALMONDS (RAW, 10)
Total calories: 69
Total fat: 6 g



PINEAPPLE (DICED, 1 CUP)
Total calories: 74
Total fat: 0 g



TABBOULEH (1 CUP)
Total calories: 165
Total fat: 9 g



ROASTED PUMPKIN SEEDS (1 TBSP)
Total calories: 83
Total fat: 5 g



APPLE (1) & PEANUT BUTTER (2 TBSP)
Total calories: 270
Total fat: 16 g



VEGGIE AND BROWN RICE SALAD BOWL (1)
Total calories: 250
Total fat: 6 g



PLENISH CLEANSE SWEET SEXY GREEN JUICE (1)
Total calories: 23
Total fat: 0 g



CARROT AND CELERY STICKS (1 CUP)
Total calories: 70
Total fat: 0 g



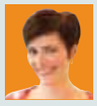


LIFE 3

If you have 20 minutes and four ingredients, you have dinner

Health Solutions

Make your summer sizzle



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

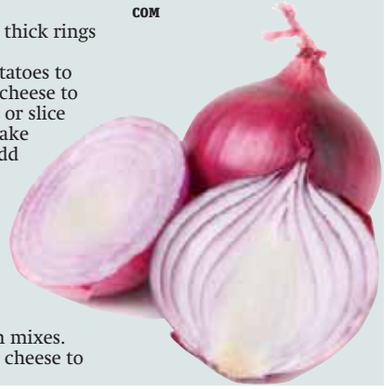
With the summer weather knocking the crap out of us, no one feels like cooking. It's true that meals get much simpler and expectations lower at this time of year but burgers become boring and hot dogs can't handle real hunger so a little creativity is required.

While the grill is on, prepare some of these foods in advance for the rest of the week. Use them willy-nilly in salads and sandwiches to spice up your routine.

- Grill an extra side of salmon.
- Slice and grill thick rings of red onions.
- Bake extra potatoes to fill with cream cheese to re-bake as sides or slice into a pan to make home fries or add to broth with chives and purée into soup.
- Bake sweet potatoes and mash; warm in microwave to use in muffin mixes.
- Grill Haloumi cheese to use in sandwiches.
- Grill green onions and cut into grilled cheese for a smoky flavour.
- Make foil packets of mixed berries, add a dab of butter and cinnamon, use to top yogurt or ice cream.
- Buy pepper on sale and grill then freeze for use all winter or cover with extra virgin olive oil and vinegar for antipasto platters.

There is a sense of comfort that comes from knowing you have the key part of any meal at the ready when all you want to do is sit in the shade with a cold glass and let the breeze remind you how wonderful Canadian summers can be.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM





This recipe serves four. THERESA ALBERT

Georgian Bay Salmon.

This is one fish you can't go wrong with thanks to its simple-to-enhance flavour

THERESA ALBERT
myfriendinfood.com

I am pretty sure you can make this salmon on any barbecue anywhere in the world, but I had it made for me by a friend on the most glorious day on Georgian Bay, Ont.

Funny how food can imprint a memory on your tongue and heart just as music can on your soul.

FLASH FOOD



From your fridge to your table in 30 minutes or less

Ingredients

- 1 side of salmon
- 1 tsp of lemon pepper
- 1 tbsp butter
- 2 cloves garlic, peeled and sliced

This recipe takes two steps and 20 minutes, so I encourage you to cook more than one and save the second for a salad the next day, as my friend Lily did for me.

1. Sprinkle lemon pepper and spoon butter over salmon laid on a large piece of foil. Top the fish with garlic and wrap tightly into a packet.

2. Place the fish on the barbecue and bake for 15 to 20 minutes with the lid down.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



This recipe is a great way to use ingredients from your garden. NEWS CANADA

Painting your plate green

1. Vegetable mix: In frying pan, heat 1 tbsp (15 m) oil over medium heat. Add 1 clove of garlic, celery, onion, bell pepper and mushrooms, cooking until onion is soft.

2. Sauce: In a medium sauce pan, combine 1 tbsp (15 ml) oil and the second clove of garlic over medium heat. In a separate bowl, whisk together the cornstarch and So Nice soy beverage, then pour into the saucepan when garlic starts to brown. Bring to a boil, stirring constantly to avoid scorching. Keep sauce at a low boil for 2 to 3 minutes, stirring constantly, then turn down to low heat and simmer until thickened. Add salmon, ketchup, Worcestershire sauce, pesto and salt, stirring until well combined.

3. Add sauce to vegetable mix and spoon over any type of prepared pasta. Sprinkle parsley over top. **NEWS CANADA/ SONICE.CA**

Ingredients

Vegetable mixture
- 1 tbsp (15 ml) vegetable oil
- 1 clove garlic, minced
- 1 stalk celery, chopped
- 1 small onion, chopped
- 1/3 green bell pepper, chopped
- 8 oz (250 g) mushrooms, sliced

Sauce
- 1 tbsp (15 ml) vegetable oil
- 1 clove garlic, minced
- 1 1/2 tbsp (22 ml) cornstarch
- 1 1/2 cups (375 ml) So Nice unsweetened organic soy beverage
- 1 can salmon
- 1 tbsp (15 ml) ketchup
- 1 tsp (5 ml) Worcestershire sauce
- 2 tsp (10 ml) pesto
- 1/2 tsp (2 ml) salt
- 1/4 cup (60 ml) parsley, chopped

Hockey community celebrates Jordan's life

'Celebrate his life.'
Family, friends and hockey stars hit the rink to raise money for heart health nearly a year after tragedy on ice



KRISTEN LIPSCOMBE
kristen.lipscombe@metronews.ca

Debbie Boyd greets supporters who stop by the BMO Centre with a genuinely warm and welcoming smile.

She is thrilled to see the Bedford hockey rink swarming with family, friends, community members and others who have been moved by her son Jordan's story, and have come to take part in the game he loved at the Jordan Boyd Celebrity Hockey Challenge on Saturday.

But whenever she stops to chat with someone about Jordan, such as about how much he would have loved this star-studded tournament, her eyes start to water, the potential for tears just below the surface.

The one-year anniversary of Jordan's death is Aug. 12. He was just 16 years old when he collapsed and died on the ice.

Debbie still finds it rather difficult to talk publicly about Jordan so other family members share memories of a young hockey player's life cut short far too soon.

"Jordan was a wonderful young man, he had a lot of friends, and he was very well-liked," father Stephen Boyd said outside the arena.

"So I'm not surprised in a sense … that we've seen this outpouring of support,"

It was just two months ago that Jordan's older brother Greg Dobson had the idea to host the one-day tournament in support of the Heart and Stroke Foundation and the Jordan Boyd Leadership Award.

Fundraiser

$102K+

The 2014 Jordan Boyd Celebrity Hockey Challenge raised more than $102,000, with half going toward the Heart and Stroke Foundation and half going to the Jordan Boyd Leadership Award for amateur players who demonstrate leadership and sportsmanship. Visit hockeyforheart.com for more information.



Jordan Boyd CONTRIBUTED

Jordan's family has all undergone heart screening since his death, and 22-year-old Dobson was diagnosed with Wolff-Parkinson-White syndrome and the same condition his brother had, arrhythmogenic right ventricular cardiomyopathy.

"Our son Greg … said, 'There has been enough sadness, I want to have a celebration of his life,' so I said, 'Yeah, that sounds like a great idea,'" recalls Stephen Boyd.

Six teams took to the ice Saturday, a mishmash of adults, rising stars and pros enjoying the game they love, connecting them to Jordan whether they knew him or not.

"We were at camp when we heard … the whole league was in shock," said Halifax native Liam O'Brien, a forward with the QMJHL's Sherbrooke Phoenix.

"Just being in the Q … it's definitely touched a lot of people," added forward Ryan Penny of the Rouyn-Noranda Huskies, who is from Fall River.

Local NHL star power in attendance included Andrew Bodnarchuk, Nathan MacKinnon, Brad Marchand, Shawn O'Donnell, Darren Rumble, James Sheppard, Zach Sill and Jon Sim.

Marchand, a forward with the Boston Bruins is a Boyd family friend, and donated several items to the silent auction. He grinned as he wiped the sweat of his brow.

"I think this is my fifth ice session, so I'm getting tired, but I'm having a good time," he said with a chuckle.

Marchand also took time to chat with Jordan's family, stopping by to share some smiles with Debbie between games.

"Everyone's trying to celebrate his life, not mourn the sad events," he said. "(We're) having fun."



Parents Debbie and Stephen Boyd were surrounded by supportive family Saturday at the Jordan Boyd Celebrity Hockey Challenge. Jordan was just 16 years old when he collapsed and died on the ice last Aug. 12. KRISTEN LIPSCOMBE/METRO



Debbie Boyd shares a laugh with Stanley Cup champion, and Halifax native, Brad Marchand between games Saturday. KRISTEN LIPSCOMBE/METRO

Ellie Black is the new gold

Call her Ellie gold-ing.

Halifax gymnast Ellie Black finally struck gold at the 2014 Commonwealth Games, topping the podium Friday for her routine on the beam, after she and her Canadian teammates stumbled through the artistic gymnastics competition earlier in the week.

Black claimed fourth in the all-around competition, fourth on uneven bars and snagged silver on the vault in Glasgow, Scotland.

The 18-year-old Black also won bronze on floor Friday, not a bad haul to bring home to Halifax.

"I just wanted to go out with a good attitude," Black said Friday. "And not think about the end results."

Black scored 14.900 points for the gold medal on beam ahead of Australia's Mary Ann Monckton who claimed silver with 13.666 and Georgina Hockenhull of Wales who secured bronze with a 13.466 total.

Black tallied 13.666 for the bronze medal on the floor. Australia's Lauren Mitchell took silver with 13.833 and England's Claudia Fragapane got the gold with a 14.541 total.

"It was just incredible to go out there and hit my routine, and finish it like that," Black said from Glasgow.

Up next for Black and her teammates is the world championships this fall.

"It was a lot of fun, and it ended really well, so I couldn't have been happier," she said.

KRISTEN LIPSCOMBE/METRO



Ellie Black holds her individual beam goad medal on Friday in Glasgow. THE ASSOCIATED PRESS

4 SPORTS

Over 1,300 join the MACPASS Miles run

Kids, adults, seniors.
All in support of the Maritime Heart Center



KRISTEN LIPSCOMBE
kristen.lipscombe@metronews.ca



Runners of all ages on the Angus L. Macdonald Bridge as part of the 20th anniversary of the MACPASS Miles road race Sunday in Halifax. KRISTEN LIPSCOMBE/METRO

Sunday's road race across Angus L. Macdonald Bridge had nine-year-old Miles Archibald's name written all over it.

"I like to run," he said shortly after completing the youth boys run from Halifax to Dartmouth as part of the 20th anniversary of MACPASS Miles, held annually as part of Natal Day celebrations.

"It just seems like a good sport," Miles said, the free medal he received for participating hanging proudly around his neck.

Older brother Cameron Archibald, 10, agreed running is a great way "to stay healthy."

"You don't need much equipment, you only need shoes," Cameron said. "You can go anywhere."

Both Cameron and Miles are regular runners, an activity enthusiastically endorsed by mom Shawna Archibald, who also happens to be a family doctor in Halifax.

"I try to do everything I can to encourage kids to be active, because physical activity and healthy eating are keys," she said. "It starts with the young people."

More than 1,300 runners of all ages laced up their skates for this year's MACPASS Miles, which included professionally timed one-mile races for women, men, girls and boys, as well an untimed fun mile for kids of all ages to cap off the morning.

The free event supports local charity the Maritime Heart Center, which is "dedicated to heart disease care and prevention," with cash prizes provided to top runners and door prizes from sponsors handed out at the post-run awards ceremony.

Mother-daughter team Heather and Emma Devine travelled from Yarmouth to Halifax to take in the buskers and race across the bridge, a local landmark that spans the harbour.

"We do races off and on," mom Heather said. "I hadn't done this one before …I thought, 'Well, we'll just try something different.'"

"There was an 80-year-old lady and it was her first race," 19-year-old Emma added. "Everyone was cheering her on. It was really nice."

Heather said she started running races as an adult.

"She runs better than I do," Emma said with a laugh.

The reason they run is quite simple, Heather said.

"It's good for exercise, and it's good for the mind too."



Badminton gold, that is

Michelle Li won gold in women's singles badminton at the Commonwealth Games, Sunday in Glasgow, Scotland. Scan the image with your Metro News app to view a gallery of the closing ceremony. ALEX LIVESEY/GETTY IMAGES

MMA

Jones, Cormier get into a brawl ahead of fight

Light-heavyweight champion Jon (Bones) Jones and challenger Daniel (DC) Cormier scuffled Monday at a news conference to publicize their UFC 178 showdown, falling off stage after coming to blows.

"I won't let another man get in my face and put his forehead against mine. I will react every time," Cormier tweeted later.

THE CANADIAN PRESS

MLB

Orioles beat Nationals on the way to Toronto

The Baltimore Orioles hated giving up a day off to face the Washington Nationals on the road before heading to Toronto.

A victory made the detour much more tolerable.

Caleb Joseph homered and drove in three runs, J.J. Hardy had four hits and Baltimore beat Washington 7-3 on Monday night in a duel between first-place teams.

THE ASSOCIATED PRESS

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Even if you are one of those rare Aries who tend to see the glass as half empty rather than half full you will be positive in everything you do over the next 24 hours.

♉ Taurus
April 21 - May 21
Why are you acting as if you have no choice in what you are expected to do? You always have a choice. Take responsibility.

♊ Gemini
May 22 - June 21
Everything, and everyone, has a light side and a dark side. Make it your aim to encourage the light side today.

♋ Cancer
June 22 - July 23
You will know in a flash what it is you have to do. After that it is up to you: You can accept the challenge and be special, or you can reject it and be mediocre like so many others.

♌ Leo
July 24 - Aug. 23
Today's cosmic influences will help you to view the world with eyes that see deeper and farther than most other people. What you discover will astound and delight you.

♍ Virgo
Aug. 24 - Sept. 23
There may be an element of risk in what you are planning to do but that won't worry you. The closer you are to the edge the more alive you feel.

♎ Libra
Sept. 24 - Oct. 23
If your instincts tell you to go for something you must not hesitate for even a moment. There is glory at stake and you must not let it pass you by.

♏ Scorpio
Oct. 24 - Nov. 22
Authority figures will be impressed by your ability not only to get things done but to get along with a wide range of people while doing it.

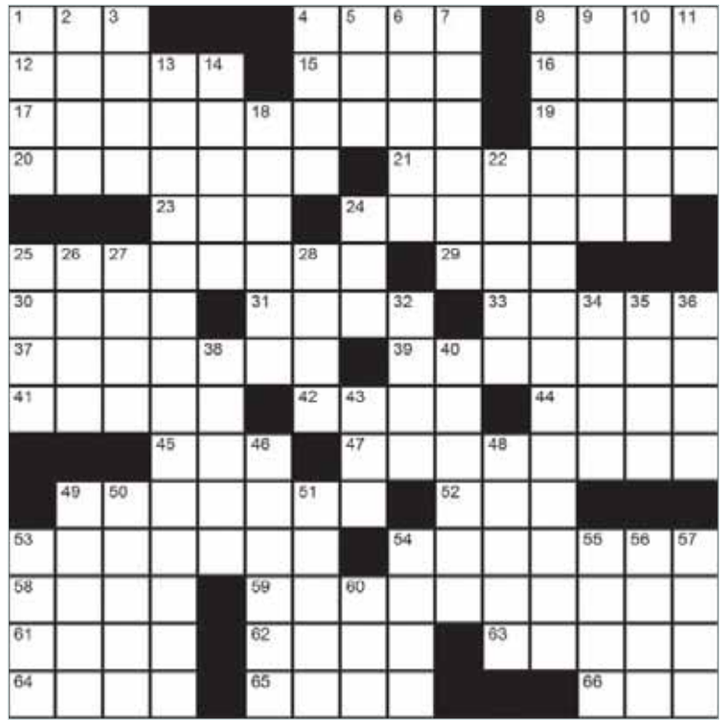
♐ Sagittarius
Nov. 23 - Dec. 21
You can and you must do something out of the ordinary. Whatever you do it will be a huge success, so what are you waiting for?

♑ Capricorn
Dec. 22 - Jan. 20
You are more likely to find answers to your problems if you if you get creative. Get some input from loved ones and relatives, too. You don't have to do it all on your own.

♒ Aquarius
Jan. 21 - Feb. 19
Fate will point you in a new direction over the next few days and if you are wise you will go with the flow. The powers that be will always protect you.

♓ Pisces
Feb. 20 - March 20
The current cosmic picture makes it easy for you to boost your status and your earning power, but it won't just happen as if by magic — the effort must come from you.

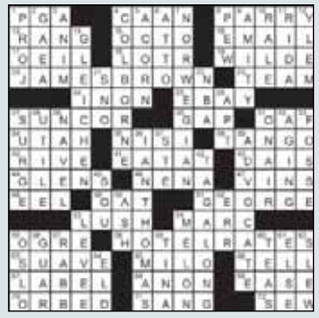
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Mount Royal's li'l locale
4. Spaghetti sauce brand
8. Throw
12. "Don't mind __ __!"
15. Rosey __ (Global News anchor)
16. Italian harp
17. 1970 Anne Hebert novel that shares the name of the Quebec village where it is set
19. Paths, puny-ly
20. Warned
21. "2001: A Space Odyssey" (1968) director Stanley
23. Pas' partners
24. The __ (British band with a 1967 hit sharing #8-Down's first name)
25. 100th Anniversary of 1914 start of this World conflict: 2 wds.
29. Freelancer's encl.
30. Garner
31. Approximation
33. Cereal company
37. Best example
39. Canadian Forces base community in Southern Ontario
41. __ off (fend/fight)
42. Alaskan city
44. "Glee" actress Ms. Rivera
45. 'Lact' suffix
47. NS: Cape Breton Highlands hiking-to-spot, __ Cove
49. Dire Straits' "__ of Swing"
52. will._.__
53. Earnest
54. Does workshop updating
58. Peruvian empire
59. Vintage-clothes-buying venue: 2 wds.
61. Human/goat forest deity
62. Angry cat sound
63. Composition
64. Jackson 5 member
65. Dilbert comics intern
66. Switch selections

Down
1. "Grace Kelly" singer
2. Non-stick frying pan
3. Green fruit
4. Canadian skiing legend Ken
5. Magazine pages, e.g.
6. Michael Douglas' "Wall Street" (1987) role, Gordon __
7. Moving day trucks
8. Burnaby, BC born actress of 'Matrix' movies: 2 wds.
9. "Glee" character
10. Eyeglasses, fun-style
11. Chore
13. Mount Edziza in BC, for one: 2 wds.
14. Lash __ __ (Chide)
18. Cross the pool again
22. Canadian dancer/singer Mr. McGrath
24. Charlemagne's realm [acronym]
25. Gollies
26. Transfixed
27. 'Ranch' suffix
28. Yemeni port
32. Prefix with 'sphere'
34. RBI, e.g.
35. Country's Mr. Axton
36. 'Tsar' suffix (Russian empresses)
38. West: Spanish
40. Alleviation
43. Photo __ (PR events)
46. Singer Ms. Kitt
48. Coffee serving
49. Bible: Mount __
50. __ diamonds
51. Grape soft drinks Radar liked on "M*A*S*H"
53. __ the flour
54. Hazard
55. Bjork hit: "It's __ __ Quiet"
56. Bank __
57. Donald Sutherland/Elliott Gould spoof flick, "_*_*_*_" (1974)
60. '70s record label

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2				9		1	3	5
					6			4
		3		2	8	7		
6				3	9	5		
		9	7	4				8
		7	6	8		4		
5			2					
1	8	4		5				6

Friday's Sudoku

9	5	4	3	8	2	7	1	6
8	3	7	1	6	4	5	9	2
2	6	1	7	9	5	4	8	3
4	7	5	6	2	9	1	3	8
3	2	8	5	4	1	6	7	9
6	1	9	8	3	7	2	5	4
5	4	3	9	7	6	8	2	1
1	9	6	2	5	8	3	4	7
7	8	2	4	1	3	9	6	5

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Rio4 SX with Navigation shown△
hwy / city 100km^: 5.3L/7.3L

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Forte SX shown△
hwy / city 100km^: 5.3L/8.0L

2015 FORTE LX MT

OWN IT!		FOR	
$41	$0	0%	84≠
WEEKLY	DOWN PAYMENT	FINANCING	MONTHS

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Sportage SX AT Luxury AWD shown△

2014 SPORTAGE

UP TO $5,000 CASH BONUS*



Rondo EX Luxury 7-seat shown△

2014 RONDO

UP TO $5,000 CASH BONUS*



Soul 2.0L SX AT shown△

2014 SOUL

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The Power to Surprise

Offer(s) available on select new 2014/2015 models through participating dealers to qualified retail customers who take delivery by August 17, 2014. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing excludes delivery and destination fees up to $1,665, PPSA, other fees and certain levies (including tire levies) and A/C charge ($100, where applicable), licensing, registration, insurance, and other taxes. Other lease and financing options also available. **≠Representative finance example:** 0% financing offer for up to 84 months available O.A.C. to qualified retail customers, on approved credit for the new 2015 Forte LX MT (F0541F)/2015 Rio LX MT (R0541F) with a selling price of $14,745/$12,845 which includes a $1,250 loan rebate and excludes delivery and destination fees of $1,485 and $79 PPSA. 364 weekly payments of $41/$35 for 84 months with $0 down payment. Credit fees of $0. Total obligation is $14,745/$12,845. See retailer for complete details. *Cash bonus amounts are offered on select 2014 and 2015 models and are deducted from the negotiated purchase price before taxes. Available on finance, lease or cash purchase offers. Offer varies by trim. Certain conditions apply. $7,000/$5,000/$5,000/$2,000 maximum cash bonus amount only available on the 2014 Sedona EX Luxury (SD75CE)/2014 Sportage SX AT (SP758E)/2014 Rondo EX Luxury 7-seat (RN757E)/2014 Soul 2.0L SX AT (S0758E). †Loan rebate amounts are offered on select 2014 and 2015 models and are deducted from the negotiated purchase price before taxes. Available on financing offer only. Offer varies by trim. Certain conditions apply. Offer ends August 17, 2014. See your dealer for complete details. △Model shown Manufacturer Suggested Retail Price for 2015 Forte SX (F0748F)/2014 Soul 2.0L SX AT (S0757E)/2015 Rio4 SX with Navigation (R0749F)/U.S. Sedona shown, equivalent to a 2014 Sedona EX-L BA (SD75CE)/2014 Sportage SX AT Luxury AWD (SP759E)/2014 Rondo EX Luxury 7-seat (RN757E) is $26,695/$23,695/$22,395/$40,095/$38,295/$30,795. ^ Highway/city fuel consumption is based on the 2015 Rio LX• ECO (A/T)/2015 Forte 1.8L MPI 4-cyl (M/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.